

# HERITAGE CENTER

March

## NEWSLETTER

2009

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

### Services Offered

□  
Arts & Crafts  
□  
Cultural Programs  
□  
Daily Lunch  
□  
Educational  
□  
Exercise  
□  
Health Services  
□  
Information &  
Referral  
□  
Recreation  
□  
Socialization  
□  
Transportation  
□  
Travel  
□  
Volunteer  
Opportunities  
  
Open Monday  
through Friday  
8:00-4:30

### Volunteers Needed - Can you help one day a week?

The Heritage Center relies on the help of volunteers for many of the programs and services offered. Currently the Center has 82 volunteers who work more than 500 hours each month. The Center has a number of positions that are in need of additional volunteer help. If you are interested in volunteering once a week at the Center the following position need you:

**Bingo Caller** on Wednesday or Friday at 12:45-2:15.

**Front Desk Receptionist** on Tuesday mornings from 8:30-12:30 and Monday, Thursday, and Friday afternoons from 1:00-3:30.

**Computer Instructor** - Afternoon classes or Thursday evening classes.

**Kitchen Helper** - assist the cook with preparation and cleanup on Monday.

**Golf Tournaments** - held every other week on Monday around the valley. You don't need to be a golfer to assist with registration for future tournaments and computerized posting of scorecards.

**Evening Dance** - assist on Thursday evening from 7:00-10:00 PM with the dance. Assist with set up, refreshments, and cleanup.

**Family Concerts** - held once a month on Monday evening during the summer. Assist with the meal offered before the concert begins.

**Pinochle** or **Bridge** instructors - teach others how to play Pinochle or Bridge so they can join in the weekly tournaments currently offered.

If you are interested in Volunteering, call Susan Gregory, Director or Daveen Haws, Program Coordinator at 264-2635. A short interview and application is needed. □

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.  
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.  
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

## Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center  
#10 E. 6150 S.  
Murray UT 84107  
801/264-2635  
fax 801/685-9140

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Personal notices are charged the rate of 50¢ per line per issue.



## Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. □

## Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

### Mayor

DANIEL C. SNARR

### Chief of Staff

JAN WELLS

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## *Heritage Center Staff:*

### Director

SUSAN H. GREGORY  
Program Coordinator

DAVEEN HAWS

### Secretary

SHARON CANTONWINE

### RECEPTIONIST

MARY HALL

### Ceramic Instructor

CINDY MANGONE

### Meals Supervisor

CALLI JOHNSON

### Meals Assistant

BLANCA DISTEFANO

### Kitchen Helper

ERIC FREDRICKSON

### CUSTODIAN

DON SMITH

### Vehicle Driver

RALPH NEUMANN

### Building Attendant

SHIRLEY FLOYD

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## *Heritage Advisory Board*

ELLIE OAKS-GREEN, AUSTON JOHNSON,  
VELMA KLEFFNER, SHIRLEY MEIER,  
ROBERT MILLARD, MEEDA SMITH,  
RON WATTS, LEDA WRIGHT

## Newsletter Cost

The suggested donation for this publication is .75¢. Subscriptions are available for \$18 per year and mailed to your home. □

## Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. □

## Stamps/Copies/Shredder

The Front desk has stamps for sale by the book or a single stamp. You can also get a copy made at the front desk for 10¢ per page. Copies are limited to 10. A shredder is available at the front desk. □

## Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week supply of lunch coupons. □

## Credit Cards



The Heritage Center accepts Visa and Master Card for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. □

# COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS...COMPUTERS

## Computer Classes

The computer lab has 6 personal computers with Windows XP, CD burner, Microsoft Word, Corel Word Perfect and Internet access and Web Cam. See the Director for information on how to use the Web Cam.

Computers are available during open lab time when classes are not being held. There is no charge to use the computers during open lab time (printing is .5¢ per page.). The instructor computer located in the front of the room also has the program R/C Flight Simulator installed for flying enthusiasts.

## March Schedule:

### Basic I

Class for the person who is still a beginner with either using the computer or using windows. A brief outline is available at the front desk. Tues., Thurs., March 3, 5, 10, 12, 17, 19 - 10:15-11:30. Cost is \$15.

### Basic Excel

Learn the basics of excel in this four session class. Must be familiar with the computer to take this class. Tues, Thurs., March 24, 26, 31, April 2 - 10:15-11:45. Cost \$15.

### Basic Email

Set up a free Yahoo email account and learn how to communicate with friends and family. Tues., Thurs, Tues, March 12, 17, 19 9:00-10:00. Cost is \$5.

### Basic Internet

Learn how to surf the world wide web in this three session class. Tues. Thurs., Tues., March 3, 5, 10 - 9:00-10:00. Cost is \$5.

### Intro to Scanner

Learn the basics of the Scanner in the computer lab in this 1 hour presentation by volunteer Gordon Gutke. Friday, March 20 at 10:00. Free - sign up at the front desk. Limited to three people.

### Other Possible Classes:

Sign the interest sheet at the front desk if interested in any of the following to be offered in February:

- \*Basic II - 6 sessions
- \*Basic III - 4 sessions
- Keyboarding - 4 sessions
- \*Intermediate Email - 2 sessions
- \*Flyers - 2 sessions
- \*Movie Maker - 5 sessions
- \*Music on computer - 1 session.
- \*Greeting Cards - 2 sessions.
- \*Genealogy - 4 sessions.

Classes with the \* astrict require a prerequisite of Basic I or computer knowledge of using a mouse and navigating around in windows before taking the class.

## Computer Lab

The Computer Lab is for anyone who would like to surf the web, practice what they've learned in class or those who need access to a computer. Computers are available for use anytime a class is not

being held or movie shown.

Glen Werner is available on Wednesday and Friday from 9:30-11:30 to answer questions. □

## HUGS - Heritage User Group for Seniors

The Heritage User Group for Seniors (HUGS) would like to invite you to attend the monthly meeting on **Wednesday, March 11 at 1:30.**

Thank you Tom Manak, HUGS volunteer, for arranging the great speakers. The group meets every month on the second Wednesday at 1:30 p.m for a presentation and swapping information. No fee, the club is free!□

## Thank you George

A special Thank You to George Fenstermacher who retired last month after 8 years as one of the Heritage Center's Program Coordinators. We want to thank George for his dedication and the way he went the extra mile in making sure that participants who came to the Heritage Center felt welcome. His enthusiasm and fun loving attitude made everyone smile and feel good. Thank you George, we will miss you and hope to see you as a participant now that you have joined the ranks of the retired!



## HEALTH SERVICES

Blood Pressure & Glucose Checks  
Every Thursday - 10:00-12:00



### March's Clinics

**Medicare Open Enrollment**  
Wednesday, March 11 @ 10:30

**Memory Presentation**  
Thursday, March 12 @ 1:00

**Toenail Clipping**  
Thursday, April 2 @ 9:00

**PVD/Vision/Balance Testing**  
Wednesday, April 8 @ 9-12

*Thursday, April 2 - 9:00*

### Toenail Clipping

**Thursday, April 2** is the Center's next toenail clipping clinic. All those who are 55 years or older (except diabetics and those on blood thinner) are welcome. Applegate Home Care provides the service every other month from 9-10:30. The fee is \$5 a clipping. Appointments are required, and can be made at the front desk. Payment is due when you make the appointment. □

*Each year, more than 1.6 million older Americans go to the emergency room because of fall-related injuries. A simple fall can cause a serious fracture of the arm, hand, ankle, or hip. **Balance exercises** can help you prevent falls and avoid the disability that may result from falling.*

*Wednesday, April 8 - 9:00-12:00*

### Peripheral Vascular Disease, Vision, Glaucoma and Balance Testing

On **Wednesday April 8 from 9-12**, Salt Lake County Aging Services and friends for sight will offer free screenings for PVD, Vision, Glaucoma, and Balance. Appointments are required and can be made beginning March 25.

**PVD:** Sometimes called the "Leg Alert" program, participants will be screened for the risk factors and symptoms of PVD. Aching, cramping, pain in the legs when walking or during exercise that dissipates after rest, occasional tingling, numbness, cold hands and or feet are all symptoms indicating that Peripheral Arterial Disease may be present. If this screening indicates you are at risk of developing PVD or that you are suffering from the symptoms of the disease, you will be advised to see your doctor for a complete examination, diagnosis and treatment.

**Balance:** Every year more than two million Americans fall and sustain serious injury, costing in excess of \$3 billion dollars. Falling is the most common cause of fatal injury for older adults and a major reason for admission into nursing homes. One of the most common risks for falling is poor balance. The body balances by sensory perceptions such as vision, and by motor skills such as coordination, flexibility and strength.

Testing only takes a few minutes. After which you will be given a score to determine your risk of falling. If you are interested in balance testing please register at the front desk.

**Glaucoma:** Nearly 3 million people have glaucoma. It is a leading cause of blindness in the United States. What causes glaucoma? At the front of the eye is a small space or chamber. Clear fluid flows in and out of the chamber to nourish the surrounding tissues. In glaucoma, for still unknown reasons, the fluid drains too slowly out of the eye causing pressure to build. Unless this pressure is controlled, it may cause damage to the optic nerve and other parts of the eye and loss of vision.

Who is at Risk? Anyone over the age of 60, people with a family history of glaucoma, and African Americans over the age of 40. At first there may be no symptoms. As the disease progresses, a person with glaucoma may notice his or her side vision gradually failing.

Sign up for any of these free tests at the front desk starting on Wednesday, March 25. □

## HEALTH SERVICES...

Saturday, February 28 from 9-4

### Diabetes Expo

This is a free event at the South Town Expo Center. The Expo offers free health screenings, fun cooking and fitness demonstrations, educational workshops, and free samples. Come and learn about the newest diabetes products, technology, resources and treatments. Some of the speaker topics include 'Safe at School,' 'Maximize Insurance Benefits, Minimize Diabetes Cost,' 'Weight Loss Options,' and more. Call 1-800-DIABETES for more information. □

### NEW CLASS....

Wednesdays - begins April 22-9:30

### Health Literacy Class

Join this free four week class held on Wednesdays at 9:30 and become a better advocate for your health care. The program is designed to educate consumers on how to 1) communicate with their doctors, 2) understand medical terms, 3) use medications properly, and 4) understand health insurance.

There is a minimum of ten participants needed to run this class. There is no fee, but please call and register. □

## EXERCISE...EXERCISE...EXERCISE...EXERCISE...

### AEROBICS-LOW IMPACT

#### **Tuesdays & Thursdays**

9:00-10:00

Becky Clark - instructor

\$15 per month, punch pass, or \$3

### STRENGTH CONDITIONING

#### **Tuesdays & Thursdays**

2:00-3:00

\$15 per month, punch pass, or \$3

Newcomers must attend the orientation at 1:30 on March 3.

### TAI CHI

#### **Tuesday & Thursday**

10:30 - 11:30

Michael Dussere - instructor

\$15 per month, punch pass or \$3

### LINE DANCING

#### **Tuesday Beginners**

2:00-3:00

#### **Tuesday Everyone**

10:15-11:45

Shirlene Lundskog - instructor

\$1.50 per class

### NIA

#### **Mondays & Friday**

9:00 - 10:00

Sadie Perkins & Sharon Daurelle-instructors

\$20 per month, punch pass, or \$3

### CHAIR A-ROBICS

#### **Wednesdays and Fridays**

11:15-11:45 Free

Lucy Tibolla - instructor

### YOGA

#### **Wednesdays 10:00-11:00**

Jane Wallace-instructor

\$10 per month, punch pass, or \$3

### OPEN EXERCISE ROOM

#### **Open for use daily**

\$5 per month or \$1 per visit

Visit 12 times in one month and get one month free! Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine.

### Tai Chi Classes - Tues/Thurs at 10:30

Come and try Tai Chi, the ancient Chinese form of exercise that literally millions of people do every morning. The class is held on Tuesday and Thursday at 10:30. The cost is \$15 per month or \$3 per class.

Tai Chi is quiet gentle and soothing to the body. It helps build the cardiovascular system, helps lower blood pressure and helps strengthen the heart while you glide through your workout.

Tai Chi focuses on relaxation and slow methodical movement as in Chase the Tiger, Peacock Fans his Tail and the Lady in Jade Catches the Butterfly. □

For information about exercise and physical activity, visit **NIHSeniorHealth**, the senior-friendly website from the National Institute on Aging and the National Library of Medicine. You can read exercise stories featuring older adults and the diverse activities they enjoy. The website is easy to use. You can make the text bigger and the contrast better. You can even make it talk. Visit [www.NIHSeniorHealth.gov](http://www.NIHSeniorHealth.gov).

## CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

*Still Time To Change*

### Open Enrollment for Medicare

Join us on **March 11 at 10:30** and learn about the Medicare Open Enrollment Requirements for 2009. You may have one more opportunity to switch or make a change before April 1st. A detailed explanation of this opportunity will be discussed as well as the different parts of Medicare.

A representative and Medicare expert from Sterling Insurance Group will be presenting. This class will include a discussion on all four parts of Medicare including advantage plans, drug plans, and different supplemental plans available.

All those who attended the class will have their Heritage Center lunch paid for by Sterling. If you plan on attending **advance registration is required**. Please call or stop by the Center today. □

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*Tuesdays at 12:45*

### Craft Day

Over the past year several classes have been presented at the Center which focused on traditional hand-craft techniques including quilting, weaving, crocheting and others.

A small group of the students from these activities continue to meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge of these crafts and chat about things that are important in their lives. □

### Memory Class - Thursday, March 12 at 1:00

Mark Fox, a therapist from the IHC Senior Clinic will be giving a presentation on Memory March 12. The presentation will cover memory loss, what it means, and what to do to help yourself remember things.

Many people worry about becoming more forgetful. They think forgetfulness is the first sign of Alzheimer's disease. This class will teach new retrieval techniques to access our stored memories. Free-no reservation needed. □

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*Wednesday, March 18 - 1:00*

### Let's Talk - Reading and Discussion Group

Like to read? Join Let's Talk for a lively discussion with volunteer Charlotte Cox on **Wednesday, March 18 at 1:00**. There is a recommended one time donation of \$5 to help with shipping costs. The discussion books come from the Utah Humanities Council Lending Library. Check books out at the front desk. **Books need to be returned no later than the first Friday after the discussion date**. Participants are responsible for all lost books. March 18 - *Song of Solomon* by Toni Morrison. Awarded Best Novel of the Year by the New York Times Book Review, this novel explores sources of strength in a multigenerational black American family.

April 15 - *The Hemingway Book of Kosovo* by Paula Huntly. One year after the 1999 NATO bombings, an American woman accompanied her husband to Prishtina, Kosovo. Paula Huntley ended up teaching English to a group of Kosovo Albanian Refugees and formed an American-style book club with them to study Hemingway's *The Old Man and the Sea*. □

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*Mon/Tues/Thurs 8:30-12:00*

### Ceramics - Special Class on Glaze March 16

The ceramic class operates on Monday, Tuesday, and Thursdays from 8:30 to Noon and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced. The cost to participate is \$1 each time you attend plus supplies.

Join Cindy for a class on Fish or Shell Bead Glaze on Monday, March 16 from 9:00-12:00 noon. A demonstration and hands-on practice will be provided and the cost is \$10 and includes the greenware, glaze(s) and firing. Sign up and pay in advance at the front desk. See Cindy on Ceramic days if you have additional questions. □

## CLASSES...CLASSES...CLASSES...CLASSES...

Friday, March 6, 13, 20, 27, April 3, 10 from 9:00-12:00

### New Painting Class - Water or Oil - Cost \$20

A six week painting class is being offered and starts on **Friday, March 6** from 9:00-12:00 noon. The cost is \$20 and a minimum of 8 people are needed to hold the class. The cost if you pay by the class is \$5 per class. Come ready to paint on March 6. Both water and oils will be taught by instructor Sophia Esterman.

Sophia was born and raised near Washington, DC. She recently moved to Salt Lake from New York City, where she lived for ten years and taught painting, worked as an illustrator, and did printmaking for herself and other artists. Sophia studied art at Columbia University and studied art for many years before and beyond school as well. She has studied printmaking, watercolor, egg tempera, and oil painting technique from classical to contemporary. She illustrated a children's book, *Now for My Next Number*, which was published in 2007. She was also an Artist in Residence in New Mexico in 2007, and had an exhibition of her work from New Mexico to New York.

Sophia is very excited to begin teaching in Murray. Teaching painting inspires her. She enjoys sharing art with others and always aims to help bring out the beauty each person has to offer. Please be prepared to bring images that you would like to paint to class—personal photographs of people or landscapes are great. If the class is interested, we can also explore working from still lifes to learn about drawing, composition, and color. Sophia can and will work with anyone who is just starting out or has years of experience. All levels of experience in both watercolor and oil are welcome and encouraged to attend the class. If you are new to painting, a supply list is available at the front desk. □

Monday, March 9 - 11:00

### Hawk Watch International

On **Monday, March 9**, the Center's Pen Pals will host their "kids" from Liberty Elementary for a presentation of the environmental organization Hawk Watch. You are invited to attend the slide presentation on Hawks, Falcons, and Eagles which will include the appearance of a live raptor. There is no charge for this presentation. Please be seated in the multi-purpose room by **11:00**. No sign up is required unless you would like to stay for lunch that follows at 12:00 noon. Lunch reservation are made at the front desk and can be made up to one week in advance. □

## RECREATION...RECR

free

**IRISH**  
pancakes

for  
*St. Patrick's Day*

**Tues., Mar. 17**  
**8:00-9:30 AM**




For those who wear something **GREEN** on St. Patrick's Day, Tuesday, March 17, the Center's little Leprechaun will serve **FREE** Irish Pancakes. A green sweater, or scarf, or hat, or shirt, or pants or any item of green attached to your clothing will qualify for a free stack of the tasty treats. Hot cakes, pancakes, flap jacks, griddle cakes...it matters not what you call them...they all taste great. Ask the Leprechaun to make you his world famous Shamrock Stack with syrup and butter. The grill will be open from 8 - 9:30 and pancakes will be served in the west conference room. For those who forget to wear green, a shamrock can be purchased for a smile...no Blarney!

**Tuesday, March 17**  
**Green Pancakes**

**8:00-9:30**

**FREE to those in green!**

	MONDAY	TUESDAY
<div>Heritage Center Events</div> <div> Heritage Center  #10 E. 6150 S.  (west of State Street)  264-2635  <a href="http://www.murray.utah.gov">www.murray.utah.gov</a> </div> <div> we are here to serve you  Monday-Friday  8:00-4:30 and  Thursday until 10:00 PM </div>	<div>2</div> <div> 8:30 Ceramics  9:00 NIA  12:00 Lunch  1:00 Movie </div>	<div>3</div> <div> 8:30 Ceramics  9:00 Aerobics / Haircuts  9:00 Basic Internet  10:15 Line Dancing / Basic I  10:30 Tai Chi  12:00 Lunch  12:45 Crafts  2:00 Strength Conditioning  2:00 Beginners Line Dancing </div>
	<div>9</div> <div> 8:30 Ceramics  9:00 NIA  11:00 Pen Pals &amp; Hawk Watch  12:00 Lunch  1:00 Movie </div>	<div>10</div> <div> 8:30 Ceramics  8:30 Wendover Trip  9:00 Basic Internet  9:00 Aerobics / Haircuts  10:00 Outreach Worker  10:15 Line Dancing / Basic I  10:30 Tai Chi  12:00 Lunch / 12:45 Crafts  2:00 Strength Conditioning  2:00 Beginners Line Dancing </div>
	<div>16</div> <div> 8:30 Ceramics  9:00 NIA  12:00 Lunch  1:00 Movie </div>	<div>17</div> <div> <b>St. Patrick's Day</b>   8:00 Irish Pancakes  8:30 Ceramics  9:00 Aerobics / Haircuts  9:00 Basic Email  10:15 Line Dancing / Basic I  10:30 Tai Chi  12:00 Lunch  12:45 Crafts  2:00 Strength Conditioning  2:00 Beginners Line Dancing </div>
	<div>23</div> <div> 8:30 Ceramics  9:00 NIA  12:00 Lunch  1:00 Movie </div>	<div>24</div> <div> 8:30 Ceramics  9:00 Aerobics / Haircuts  10:15 Line Dancing / Excel  10:30 Tai Chi  12:00 Lunch  12:45 Crafts  2:00 Strength Conditioning  2:00 Beginners Line Dancing </div>
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## RECREATION...RECREATION...RECREATION...RECREATION...RECRE

### Billiards and Indoor Shuffleboard

Pool equipment and indoor Shuffleboard is provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building and shoot a rack. New players are welcome. □

### Pinochle - Wednesday's at 9:30

Pinochle tournaments are held on **Wednesday** mornings at 9:30 am. Players must check in no later than 9:15. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. □



### Bridge - Wed/Fri at 1:00

Informal Bridge play (Chicago/Party) is held on **Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early (around 12:30) to practice and start finding first round partners. If an even number of players are not available when the play begins at 1:00 then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. □

### Canasta Games - Tuesdays 11:00 - 2:30



Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, anyone can join in on the fun.

### Birthday Wednesday - Wednesday, Feb 5th

Celebrate your birthday on the first Wednesday of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, ... this month (just tell the person collecting the money you've hit a new decade.)

### Bingo - Wed. & Fri. at 12:45



Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. Bingo volunteers needed - see George. □

*Tuesdays 10:15 & 2:00*

### Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 10:15** for all dancers and Tuesday afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. □ □

*Thursdays 1:00-2:30*

### Square Dancing

The Center's Square Dance is an activity which features time for beginners (1:00-2:00) as well as dance time for the more experienced (2:00-2:30.) The cost is \$1.50 per day and is paid when you arrive for the activity.

Our caller is Don Carlton, a veteran of more than 40 years of conducting square dance classes and dances. □

*1st & 3rd Thursday at 12:45*

### Red Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BONKO and on the **3rd Thursday at 12:45** to play Hand & Foot. The next meetings are on Thurs., Mar 5 & 19. Information sheets available at front desk. □

## RECREATION...RECREATION...RECREATION...RECREATION...RECRE

March is Soups

### Center Cookbook

The Center is collecting recipes to put into our very own cook book. Every month there will be a particular category. For example March's category will be soups. In the lobby will be a box that you will drop off your favorite recipe with your name on it.

Once all the recipes have been collected, the cookbook will be for sale at the Center's annual boutique. Proceeds from the cookbook will go directly to the Center to help offer all the many different classes and programs you enjoy at the Center. So start digging out all those family favorites. There is no limit to the number of recipes you turn in. □

### Monday Movies at 1:00 - Free

Monday movies are shown in the dining room or computer lab on the large screen. Movies begin at 1:00 and the popcorn is free! Be in your seat by 1:00, bring a friend, and enjoy the show.

Mar 2 - *The Secret Life of Bees* (2008) PG-13. Two friends run away from home in order to solve the mystery surrounding one of their mothers in this adaptation of Sue Monk Kidd's bestselling coming-of-age novel. 110 min.

Mar 9 - *My Big Fat Greek Wedding* (2002) PG. A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity. 95 min.

#### Mar 16 - Celebrate St. Patrick's Day with:

*The Quiet Man* (1952) PG. A disgraced American boxer retires to Ireland, where he finds love. 129 min.

Mar 23 - *The Chronicles of Narnia: Prince Caspian* (2008) PG. The Pevensie siblings return to Narnia, where they are enlisted to once again help ward off an evil king and restore the rightful heir to the land's throne, Prince Caspian. 150 min.

Mar 30 - *State Fair* (1945) PG. The Fraake family experience the Iowa State Fair. As the fair proceeds, so do the romances; must lovers separate when the fair closes? 100 min. -- \*Movie titles subject to availability. □

### Golf Season Near - Meeting April 6 @ 10:30 for interested players

The Heritage Center's Golf League will begin this year with the general meeting of all players on **Monday, April 6 at 10:30** at which time the schedule will be reviewed (possible changes made) and local rules for this season's play outlined.

Golf tournaments are for those 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Those players who have not participated in this league in the past, but may wish to participate this season, should come to the general meeting on April 6 for basic orientation. Tournament play will commence on April 20 at the Mt. View Golf Course. A complete tournament schedule appears below. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$6 is to be paid when registering for the first tournament played. The data below reflect the date of play, shotgun start time, course to be played, and tournament fee. All tournament fees must be paid at least one week before the tournament.

4/20- 8:30	Mountain View-.\$35	7/20 - 7:30	Riverbend-\$37
5/4 - 9:00	Stansbury Scramble - \$29	8/3 - 8:00	Round Valley-\$43
5/18- 8:00	Rose Park - \$38	8/17 - 7:30	Davis Park - \$40
6/1- 7:30	Glenmoor - \$35	8/31 - 8:00	Glendale - \$50
6/22 - 7:30	Wasatch -.\$38	9/14 - 8:30	Murray Parkway-\$35
7/6- 7:30	Valley View-\$33	9/28- 8:30	Meadowbrook-.\$35
		10/6- 5:00	Year End Banquet

Travel with friends...

## Center Trips



-- EACH PERSON MAY REGISTER FOR  
THEMSELVES AND NO MORE THAN ONE  
OTHER PERSON FOR EACH TRIP --

Tuesday, March 10 - 8:30

### Wendover & Rainbow

Travel to Wendover on **Tuesday, March 10**, and enjoy a day at the Rainbow Casino. The **cost is \$15** per person and includes transportation, a bonus package from the casino, a buffet luncheon, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. You may sign up for this trip at this time. □

Wednesday, Mar 25 - 9:00

### Tooele for Breakfast

Travel to the Tooele Senior Center for the "Best Breakfast in Utah" The bus departs at 9:00 on March 25 and returns about 1:00 pm. **Cost is \$5** for transportation and breakfast. Sign up now for this trip. □

Friday, April 3 - 9:00 AM

### Kingsbury Hall *The Jungle Book*

Once again, Kingsbury Hall at the University of Utah is offering free attendance at the educational matinees for senior centers. This performance is *The Jungle Book* With original music written for this production, the U's young theatre troupe, ages five to eighteen, will delight you as they play Rudyard Kipling's Mogli and his jungle friends in this classic children's tale

The Center bus will depart at 9:00 for the 10:00 performance and will return to the center at about 12:00. **Cost for the activity is \$3** and you may register for this trip starting Friday, March 20. □

Sign up begins April 1

### Logan Opera

Join us for a summer trip to Logan to watch presentations of Carmen, Camelot, and Cavalleria Rustiana & I Pagliacci.

The Center's bus departs on **Wednesday, July 15** at 11:00 and returns on July 17. Rooms are reserved at Utah State's newly renovated University Inn. **Cost is \$220 each** (double occupancy) or **\$285 each** (single occupancy) for transportation, 2 nights lodging, community tours, and three operas. Meals will be on your own.

Registration will begin on April 1 and \$50 will hold your spot or you can pay the entire amount at that time. Complete details available at the front desk. □

## Tuacahn for Plays Mesquite for Playing

## June 9, 10, 11, 12

It is time to clear your calendar and set aside a few days to travel to southern Utah and Nevada to spend two evenings at the Tuacahn Amphitheatre & Center for Performing Arts. The shows for this season are *Annie & Footloose* We will depart on Tuesday June 9th and stay three nights at the Casa Blanca Hotel in Mesquite, Nevada. **Cost is \$255 each** (double occupancy) and **\$325 each** (single room) and will include round-trip transportation and baggage service, a box lunch enroute to Casa Blanca Hotel & Casino, 2 buffet dinners at the Hotel, 3 Casa Blanca breakfasts, a pre-show dutch oven dinner at Tuacahn on Thursday night, and reserved seat tickets to both musical plays.

You may sign up and pay for this trip starting March 2. A \$50 deposit is required for each participant to register for the trip or you may pay the entire amount at that time. Seating is limited and full payment for all reservations must be received before Friday, May 1st at 4:00 PM. Travellers may register for themselves and one other person. MasterCard and Visa are accepted for in person or phone reservations. The trip itinerary and details will be available at the time of registration. □

## SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

*Tuesday, March 10*

### Outreach Worker

Salt Lake County Aging will be sending an Outreach Worker every month to the center. They will be at the center on **the second Tuesday of every month** at 10:00 to answer any questions you may have regarding county programs, assisted programs, or services in your area. Appointments are required and can be made anytime at the front desk. There is no charge for this service. □

*Wednesday, March 18*

### Attorney Consultations

An attorney will be available for free 20 minute legal consultations on **Wednesday, March 18** at 11:00. Appointments are needed and are made at the front desk.

Bring any documents and forms pertaining to the question you may have. The attorney will consult with you and advise you, provide additional services through Utah Legal Services at a later date, or attempt to refer you to other appropriate sources of help. The attorney will not attempt to represent you. □

### Transportation

The Center bus runs on Wednesday and Friday to provide transportation for Murray residents to and from the Center. The cost is \$2 a person and advance reservations are needed. First time riders need to complete a brief application. □

*Fridays 11:30-4:00*

### Massage Therapy

Massage Therapy continues on **Fridays from 11:30 -4:00**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$8 for fifteen minutes, \$16 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licenced massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. □

### Free Tax Assistance

AARP is providing free tax consultation and preparation for all tax payers with middle and low income, with special attention to those age 60.

The service is held every Wednesday from 12:30-3:30 and will end on Wednesday, April 15. Appointments are needed and made up to two weeks in advance.

Please make sure you bring all documents needed to prepare your tax return. □

*Tuesdays from 9:00-2:00*

### Barber Shop is Open

The Center is offering haircuts for men and women on **Tuesday** mornings from 9 to 2. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair for Pepe's Barber Shop and Fantastic Sams. Lisa's favorite part of the business is the chance to talk with people, and the advice she gets from her customers.

Haircuts will be scheduled by appointment, every 20 minutes, starting at 9:00 and finishing at 2:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund. □

### Meet Whitney Ellison - Salt Lake County Health Educator

Whitney will be making regular monthly visits to the Center on **the second Wednesday** of the month just before lunch to get to know participants better, and to stay informed and in touch with what's going on in your lives. Every center is different, and Salt Lake County programs can be beneficial to you in unique ways.

Whitney will also be sharing information about what is going on in the county or elsewhere that may be pertinent to you. Plus she just likes visiting and getting more aquatinted! □

## **VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLU**

### **Volunteers of the Month - Bill and Sherri Park**

Bill and Sherri Park love teaching computer classes at the Heritage Center. They discovered the center last March and quickly joined several activities. They enjoy the new friends they have made and the wonderful staff.

Bill was born in Salt Lake City on Oct. 7, 1942 but grew up in the San Francisco Bay Area. Sherri was born in Berkeley, California on Oct. 2, 1946 and lived in the area until she left for college at BYU. They met and married in 1969. They just celebrated 40 years of wedded bliss with a trip to Florida.

They love to travel and have been to many foreign countries. In 2004, they spent three weeks in France doing genealogy. While in France, Sherri mystified the locals with her high school French.

Bill and Sherri raised two sons and a daughter. Both sons had a form of autism and that led Sherri to pursue a master's degree in special education. Both boys are doing extremely well. Both are married and have three children each. Both are successful adults and Sherri will tell you in great detail how that happened if you ask her.

After graduating from high school, Bill joined the Navy. While stationed in Kodiak, Alaska, he protected the United States from the Russians by maintaining DEW Line communications. After his tour of duty, he worked as an instrument technician at United Airlines in San Bruno, California. He took a leave of absence and graduated from BYU in industrial engineering. However, he soon discovered computers and his career took off in that direction.

Bill and Sherri bought a duplex in San Bruno and lived there for ten years. During that time, they spearheaded a drive to create a park in their neighborhood. It was completed just before they moved to Utah in 1980.

Bill accepted a job as an engineer for Eaton Kenway in Salt Lake City. He designed automated robots for warehouses. He retired from Symantec Corporation, a computer security firm. He can be found working on a computer much of the time.

Sherri also loves computers. She works on her genealogy web sites and Facebook. She turns to the computer to ask all kinds of burning questions. For example, she didn't see many ducks in Florida. She wondered, why not? She found the answer on the Internet. "Alligators like to eat ducks." Sherri taught elementary school resource students in Jordan and Murray Districts. In 1991, she was special education teacher of the year. She loves people of all ages, but especially enjoys children.

Bill likes to collect old movies and share them with family and friends. Sherri likes to collect jokes and share them with anyone willing to listen.

Their main goals now are to have fun and enjoy life! Sherri and Bill invite you to sign up for a computer class (see page 2 for schedule) where they are committed to making sure you have fun and learn something new!

Bill and Sherri will be honored before lunch on Friday, March 6 at 11:45. □

INTERESTED IN VOLUNTEERING? SEE THE ARTICLE ON THE FRONT PAGE FOR AREAS IN NEED.

## THURSDAY EVENING...THURSDAY EVENING...THURSDAY EVENING...

### Thursday Evening open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, billiard room, exercise room or dance to the music of Tony Summerhays. Scheduled programs listed below:

**Weight Watchers** --Join the Heritage Center Weight Watcher Group on Thursday evenings at 5:30 PM with group leader Kim Evans. Cost of the 12 week program is \$113. You may join the group at any time and members from other locations and Lifetime members are invited to join the group. For further information contact the Center at 264-2635.

**Evening Social Dance** --Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM**.

**Cost** of this activity is **\$4 per person**. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each Dance is supported by a sponsoring agency which provides the refreshments and a door prize.

**Dance Instruction** --This opportunity exists for those who wish to improve their ballroom dance techniques or to learn the specific skills involved in swing, cha-cha, waltz, rumba and others. Ballroom dance instructors Steve and Kathy Rogers will be available at 6:30 to assist those who seek instruction for 30 minutes preceeding

the Social Dance. They will also be on the floor during the evening to dance with individuals or couples who could benefit from personalized instruction. Admission to the dance is \$4 and includes the instruction provided by the Rogers.

**Remote Control Aircraft Club** --The Ute Radio Control Association will meet at the Center on **Thursday, March 12 at 7:00 PM**, to share flying stories, display member's aircraft, review upcoming

activities, and discussed items related to the club's functions. Those interested in Remote Control Flight of aircraft of any type, pilots of any skill level. The club meets on the second Thursday of every month.

The Center computer lab has a flight simulator installed on one of the computers for those who would like to give flying a try during lab time. Basic computer knowledge is needed to run this program. □

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Paid Ad by Olympus Ranch

**Salad Bar**

\$3-Large, \$1.50-Small

***Soup of the day* - \$2.00**

NO RESERVATION NEEDED

**MARCH 2009 - Menu**Make reservations by 12:30 the day before by calling **264-2635**

No reservation needed for the Salad Bar or Soup

Lunch served at Noon. Purchase tickets by 11:50 a.m.

Cost is \$3.00 for 55+ - Drinks - .50¢ - Takeout Meals - \$3.50

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CRAB CAKES</b> <sup>2</sup> Lemon Rice Spinach Salad, Roll Lemon Bars OR Fruit	<b>BEEF CHILI</b> <sup>3</sup> Pasta Salad Cornbread Pie OR Fruit	<b>CHICKEN PARMESAN</b> <sup>4</sup> Rice Pilaf, Breadstick Grilled Asparagus Birthday Cake OR Fruit	<b>ROASTED PORK LOIN</b> <sup>5</sup> Au Gratin Potatoes Mixed Vegetables Roll Pistachio Dessert OR Fruit	<b>SEAFOOD ALFREDO</b> <sup>6</sup> Green Salad Roll Danish OR Fruit
<b>HAMBURGERS</b> <sup>9</sup> Tator Tots Green Salad Ice Cream Sandwich OR Fruit	<b>ROASTED CHICKEN</b> <sup>10</sup> Potato Casserole, Roll Brussel Sprouts Jello OR Fruit	<b>SWEDISH MEATBALLS</b> <sup>11</sup> Brown Rice Spinach Roll Spice Cake OR Fruit	<b>PHILLY STEAK SANDWICH</b> <sup>12</sup> Fruit Chips Peach Cobbler Or Fruit	<b>ROASTED HALIBUT</b> <sup>13</sup> Red Potatoes Green Salad Roll Strawberry Cake OR Fruit
<b>BLT SANDWICH</b> <sup>16</sup> Waldorf Salad Chips Brownie OR Fruit	<b>CORNEB BEEF</b> <sup>17</sup> Potatoes, Cabbage, Roll Cupcakes OR Fruit	<b>CLAM CHOWDER</b> <sup>18</sup> Carrot-raisin Salad Cheddar Bay Biscuit Orange Roll OR Fruit	<b>PORK AND VEGETABLE STIRFRY</b> <sup>19</sup> over Rice, Roll Pie OR Fruit	<b>SALMON BURGER</b> <sup>20</sup> Cucumber Salad Baby Carrots Bread Pudding OR Fruit
<b>BEEF STEW</b> <sup>23</sup> Green Salad Roll Neapolitin OR Fruit	<b>STUFFED PEPPERS</b> <sup>24</sup> Black Beans Pudding OR Fruit	<b>CHICKEN TENDERS</b> <sup>25</sup> Oven Fries, Roll Chessy Cauliflower Almond Joy Cake OR Fruit	<b>BEEF FAJITAS</b> <sup>26</sup> Beans & Rice Ice Cream OR Fruit	<b>EGGPLANT PARMESAN</b> <sup>27</sup> Stewed Tomatoes Chop Salad Cookies OR Fruit
<b>BEEF RAVIOLI</b> <sup>30</sup> in Marinara Sauce with Mushrooms Salad, Breadstick Cake OR Fruit	<b>HONEY BAKED HAM</b> <sup>31</sup> Apple Stuffing Beets, Roll Fresh Fruit	<b>Did you know?</b> <b>Salad Bar is available Tuesday - Friday from 11:30-12:15</b> <b>Soup is available Monday-Friday from 11:30-12:15</b> <b>No reservation needed for soup or salad</b>		